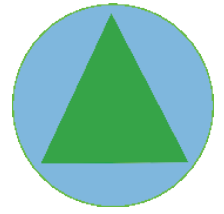


ECOEDUCATION



There are many things we can do for our planet!

LOWER THE VOLUME

An easy way to contain phonic pollution is by learning to lower the volume of our stereo (especially during parties) and television set.

We can also become more aware of how sound vibrations affect the people around us and learn how to do things more gently. We can, for example, refrain from banging our shutters or letting the blinds fall too hastily.

And let's not forget that our tone of voice has an impact on the people we talk to. Did you ever wonder what would happen if everyone would speak more sweetly and softly... Why not try it yourself?



Cut out pictures from old magazines, or make your own drawings, and use them to illustrate the topics mentioned on this page.

Exposure to loud noise can cause high blood pressure, heart disease, sleep disturbances, and stress.

Noise pollution also impacts the health and well-being of wildlife.



WE CAN MAKE THE DIFFERENCE!